



# St. Joseph's Catholic Primary School

## Year 2 – PSHE

YEAR 2 – MEDIUM-TERM OVERVIEW			
Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn – Relationships	<b>Families and friendships</b>  Making friends; feeling lonely and getting help  PoS Refs: R6, R7 R8, R9, R24	<ul style="list-style-type: none"><li>how to be a good friend, e.g. kindness, listening, honesty</li><li>about different ways that people meet and make friends</li><li>strategies for positive play with friends, e.g. joining in, including others, etc.</li><li>about what causes arguments between friends</li><li>how to positively resolve arguments between friends</li><li>how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else</li></ul>	<a href="#">PSHE Association – Friendship and bullying</a>
	<b>Safe relationships</b>  Managing secrets; resisting pressure and getting help; recognising hurtful behaviour  PoS Refs: R11, R12, R14, R18, R19, R20	<ul style="list-style-type: none"><li>how to recognise hurtful behaviour, including online</li><li>what to do and whom to tell if they see or experience hurtful behaviour, including online</li><li>about what bullying is and different types of bullying</li><li>how someone may feel if they are being bullied</li><li>about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help</li><li>how to resist pressure to do something that feels uncomfortable or unsafe</li><li>how to ask for help if they feel unsafe or worried and what vocabulary to use</li></ul>	<a href="#">Thinkuknow Jessie and Frijessieends</a> <a href="#">NSPCC – Talk PANTS</a> <a href="#">PSHE Association – Friendship and bullying</a>
	<b>Respecting ourselves and others</b>  Recognising things in common and differences; playing and working cooperatively; sharing opinions  PoS Refs: R23, R24, R25	<ul style="list-style-type: none"><li>about the things they have in common with their friends, classmates, and other people</li><li>how friends can have both similarities and differences</li><li>how to play and work cooperatively in different groups and situations</li><li>how to share their ideas and listen to others, take part in discussions, and give reasons for their views</li></ul>	<a href="#">PSHE Association – Inclusion, belonging and addressing extremism</a> <a href="#">Curiosity Library (£)</a> <a href="#">PSHE Association – Friendship and bullying</a>
Spring	<b>Belonging to a community</b>  Belonging to a group; roles and responsibilities; being the same and different in the community  PoS Refs: L2, L4, L5, L6	<ul style="list-style-type: none"><li>about being a part of different groups, and the role they play in these groups e.g. class, teams, faith groups</li><li>about different rights and responsibilities that they have in school and the wider community</li><li>about how a community can help people from different groups to feel included</li><li>to recognise that they are all equal, and ways in which they are the same and different to others in their community</li></ul>	<a href="#">PSHE Association – Inclusion, belonging and addressing extremism</a> <a href="#">Curiosity Library (£)</a>

<b>Spring</b> — Living in the wider world	<b>Media literacy and Digital resilience</b> The internet in everyday life; online content and information  PoS Refs: L8, L9	<ul style="list-style-type: none"> <li>the ways in which people can access the internet e.g. phones, tablets, computers</li> <li>to recognise the purpose and value of the internet in everyday life</li> <li>to recognise that some content on the internet is factual and some is for entertainment e.g. news, games, videos</li> <li>that information online might not always be true</li> </ul>	<a href="#">BBFC - 'Watch Out! Helping to make good viewing choices'</a>
	<b>Money and Work</b>	What money is; needs and wants; looking after money	<a href="#">Experian - Values, Money and Me (KS1)</a>
<b>Summer</b> — Health and wellbeing	<b>Physical health and Mental wellbeing</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	<ul style="list-style-type: none"> <li>about routines and habits for maintaining good physical and mental health</li> <li>why sleep and rest are important for growing and keeping healthy</li> <li>that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies</li> <li>the importance of, and routines for, brushing teeth and visiting the dentist</li> <li>about food and drink that affect dental health</li> <li>how to describe and share a range of feelings</li> <li>ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others</li> <li>how to manage big feelings including those associated with change, loss and bereavement</li> <li>when and how to ask for help, and how to help others, with their feelings</li> </ul>	<a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a> <a href="#">PSHE Association - The Sleep Factor</a> <a href="#">PSHE Association – Mental health and wellbeing</a> <a href="#">PSHE Association - Dental Health</a> <a href="#">PSHE Association – Drug and Alcohol Education (Year 1-2)</a> <a href="#">Winston's Wish – Loss and bereavement</a> <a href="#">Lifebuoy - 'Soaper Heroes' lesson plans</a> <a href="#">Curiosity Library (£)</a>
	<b>Growing and changing</b> Growing older; naming body parts; moving class or year	<ul style="list-style-type: none"> <li>about the human life cycle and how people grow from young to old</li> <li>how our needs and bodies change as we grow up</li> <li>to identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</li> <li>about change as people grow up, including new opportunities and responsibilities</li> <li>preparing to move to a new class and setting goals for next year</li> </ul>	<a href="#">Medway Public Health Directorate - Changing and growing up</a> <a href="#">Curiosity Library (£)</a> <a href="#">NSPCC – Talk PANTS</a>

<b>Summer</b> — Health and wellbeing	<b>Keeping safe</b> Safety in different environments; risk and safety at home; emergencies  PoS Refs: H29, H30, H31, H32, H33, H35, H36, H27	<ul style="list-style-type: none"> <li>how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines</li> <li>how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about'</li> <li>to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger</li> <li>how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products</li> <li>about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel</li> <li>how to respond if there is an accident and someone is hurt</li> <li>about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say</li> </ul>	<a href="#">PSHE Association – Drug and Alcohol Education (Year 1-2)</a>  <a href="#">PSHE Association - Keeping safe at home</a>  <a href="#">PSHE Association - Keeping safe: sun safety</a>  <a href="#">PSHE Association - Road and rail safety</a>
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